

## EXERCISE CLASSES SPRING SEASON 2026

This schedule applies from week 2 to week 25. Sign up for our newsletter at [motion.au.dk/](https://motion.au.dk/)

**SPINNING classes:** Days/times and registration information available in the Facebook group: [Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N](#)

**New registrations** and cancellations for the **Spine Health with registration:** [Holdtilmelding@live.dk](mailto:Holdtilmelding@live.dk)

Monday	Class	Please note!
07:30 – 08:30	<b>Pilates and Stretch</b> with Gitte	No registration required
08:40 – 09:40	<b>Cardio and Strength/Circuit Training 60+</b> with Gitte	No registration required
16:00 – 17:00	<b>Spinning</b>	<b>Registration/Sign-up:</b> Facebook: <a href="#">Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N</a>
17:05 – 18:05	<b>Cardio and Strength / Circuit training</b> with Gitte	No registration required
18:10 – 19:10	<b>Body Toning</b> Monday with Gitte	No registration required
Tuesday	Class	Please note!
07:30 – 08:30	<b>Spine Health (intermediate/advanced)</b> with Gitte	<b>Registration / sign up not necessary for the spring season – current teams continue</b>
08:40 – 09:40	<b>Toning and Balance 60+</b> with Gitte	No registration required
15:35 – 16:35	<b>Toning</b> with Gitte	No registration required
16:40 -17:40	<b>Toning and Foam Roller</b> with Gitte	No registration required
Wednesday	Class	Please note!
07:30 – 08:30	<b>Spine Health (intermediate/advanced)</b> with Gitte	<b>Registration / sign up not necessary for the spring season – current teams continue</b>
10:30 – 11:30	<b>Toning 60+</b> with Gitte	No registration required
15:30 – 16:25	<b>Spinning</b>	<b>Registration/Sign-up:</b> Facebook: <a href="#">Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus</a>
16:30 – 18:00	<b>Iyengar Yoga - Starts 25/2-2026</b> with Ilse	No registration required <b>NB: first class - week 9</b>
Thursday	Class	Please note!
07:00 – 07:55	<b>Strong and Flexible with Foam Roller</b> with Gitte	No registration required
08:00 – 09:00	<b>Spine Health (beginner)</b> with Gitte	<b>Registration / sign up not necessary for the spring season – current teams continue</b>
15:50 – 16:50	<b>Cardio and Strength / Circuit training</b> with Gitte	No registration required
16:55 – 17:55	<b>Spine Health - no registration</b> with Gitte	No registration required
Friday	Class	Please note!
07:30 – 08:30	<b>Spine Health (beginner)</b> with Gitte	<b>Registration / sign up not necessary for the spring season – current teams continue</b>
08:40 – 09:40	<b>60+ Stability Ball and Foam Roller</b> with Gitte	No registration required